

HAND GRIP DEVICE

ABSTRACT

A hand grip device (14) which allows a user to execute physical activities, such as weight lifting, physical therapy or carrying items, while relieving stress or pressure on the user's fingers. The device (14) has a U-shaped grip member (1) and an adjustable strap (3). The grip member (14), preferably made of steel and covered with a rubber coating, is sized so as to be grasped within a user's hand. The adjustable strap (3) feeds through a slot (2) on the grip member (1) and wraps around a wrist (11) of the user. The strap (3) has a fastening means (4), preferably hook and loop type fastening material, and an adjuster (5), preferably similar to that of a buckle-type nature, to obtain a snug fit against the user's wrist (11). The user simply places the grip member (1) around a handle (10) to use. The user need not maintain a grip on the grip member (1) as the pressure from the weight will be displaced from the user's fingers (12) to the wrist (11).